

# THE AGILE FILE

Did we mention how you need to upgrade your balance and agility? To begin, you'll **ADD FIVE NEW BALANCE EXERCISES** (see "Balance Exercises," right) to your strength-training sessions on Tuesday and Thursday. In addition, you'll **CONTINUE YOUR OLYMPIC POWER LIFTS** (see "Power Routine," below) starting in Week 17 with dumbbells weighing 10 percent more than what you were using at the end of month four, and **FINISH OFF YOUR WORKOUT WITH SOME CORE EXERCISES** you've learned in previous months (see "Core Regimen," below). Meanwhile, to address agility, on Mondays and Fridays you'll **ADD THREE AGILITY DRILLS** (see "Agility Exercises," right) to the plyometric speed workout you began last month. Always complete these two regimens (plyometrics and agility) before you begin your endurance workout.

And as for endurance, these last weeks will be the most difficult yet. But don't be intimidated; it's your final month of heart-rate training, and thanks to the gradual buildup since month one, your body is prepared for the hard work. On Mondays, your Zone-2 distance workouts will take advantage of the last hours of daylight saving time by **INCREASING THE DURATION** to 80 minutes for runners and two hours for cyclists and swimmers. On Wednesdays, you'll continue your reserve speed work from last month by **PUNCTUATING YOUR RECOVERY RUNS WITH SIX 30-SECOND SPRINTS** (try to reduce the rest intervals between each). Last but not least, on Fridays, you'll **FINISH YOUR INTERVAL TRAINING** with six repetitions.

Finally, to keep you limber and give your body the proper cooldown it needs to recover, **COMPLETE EACH ENDURANCE WORKOUT WITH THE ASHTANGA YOGA SERIES** unveiled in month three, and increase the Sun Salutation count to eight or ten.

## THE ZONES

**ZONE 1 (Z-1):**  
RECOVERY  
60 PERCENT OR LESS OF YOUR MHR

**ZONE 2 (Z-2):**  
AEROBIC  
60-75 PERCENT OF YOUR MHR

**ZONE 3 (Z-3):**  
LACTATE THRESHOLD  
75-90 PERCENT OR LESS OF YOUR MHR

**ZONE 4 (Z-4):**  
ANAEROBIC  
90-100 PERCENT OF YOUR MHR

### POWER ROUTINE

Three sets of six reps:

- Rotational clean-pulls
- Clean and jerks (combine clean-pulls and squat presses from last month into one exercise)

### CORE REGIMEN

Two sets of 25:

- Swiss-ball crunches
  - Oblique Swiss-ball crunches
  - Swiss-ball push-ups
- Two sets of 10-12 reps:
- Medicine-ball chops

### YOGA SERIES

- Sun Salutation
- Warrior I
- Triangle pose
- Back stretch
- Boat pose
- Tree pose
- Hamstring stretch

	MON.	TUES.	WED.	THURS.	FRI.
<b>(17 WEEK)</b>	<b>ENDURANCE</b> Plyometric and agility series. Run/stair machine: 60 minutes in <b>Z-2</b> . OR Cycle/swim: 90 minutes in <b>Z-2</b> . End with yoga.	<b>STRENGTH</b> Balance exercises: Two sets of 10 to 12 reps. Power routine. Finish with core regimen.	<b>ENDURANCE</b> Run/stair machine: 25 minutes in <b>Z-1</b> . OR Cycle/swim: 40 minutes in <b>Z-1</b> . (Add 30-second sprints.) End with yoga.	<b>STRENGTH</b> Balance exercises: Two sets of 10 to 12 reps. Power routine. Finish with core regimen.	<b>ENDURANCE</b> Plyometric and agility series. Interval training: 60-minute run or cycle. After ten minutes in <b>Z-2</b> , add five five-minute <b>Z-3</b> intervals with three minutes of <b>Z-2</b> recovery after each. Finish with yoga.
<b>(18 WEEK)</b>	<b>ENDURANCE</b> Plyometric and agility series. Run/stair machine: 70 minutes in <b>Z-2</b> . OR Cycle/swim: 105 minutes in <b>Z-2</b> . End with yoga.	<b>STRENGTH</b> Balance exercises: Two sets of 10 to 12 reps. Power routine. Finish with core regimen.	<b>ENDURANCE</b> Run/stair machine: 30 minutes in <b>Z-1</b> . OR Cycle/swim: 45 minutes in <b>Z-1</b> . (Add 30-second sprints.) End with yoga.	<b>STRENGTH</b> Balance exercises: Two sets of 10 to 12 reps. Power routine. Finish with core regimen.	<b>ENDURANCE</b> Plyometric and agility series. Interval training: 65-minute run or cycle. After ten minutes in <b>Z-2</b> , add six five-minute <b>Z-3</b> intervals with three minutes of <b>Z-2</b> recovery after each. Finish with yoga.
<b>(19 WEEK)</b>	<b>ENDURANCE</b> Plyometric and agility series. Run/stair machine: 80 minutes in <b>Z-2</b> . OR Cycle/swim: 2 hours in <b>Z-2</b> . End with yoga.	<b>STRENGTH</b> Balance exercises: Two sets of 10 to 12 reps. Power routine. Finish with core regimen.	<b>ENDURANCE</b> Run/stair machine: 30 minutes in <b>Z-1</b> . OR Cycle/swim: 45 minutes in <b>Z-1</b> . (Add 30-second sprints.) End with yoga.	<b>STRENGTH</b> Balance exercises: Two sets of 10 to 12 reps. Power routine. Finish with core regimen.	<b>ENDURANCE</b> Plyometric and agility series. Interval training: 60-minute run or cycle. After ten minutes in <b>Z-2</b> , add six five-minute <b>Z-3</b> intervals with three minutes of <b>Z-2</b> recovery after each. Finish with yoga.
<b>(20 WEEK)</b>	<b>ENDURANCE</b> Plyometric and agility series. Run/stair machine: 40 minutes in <b>Z-2</b> . OR Cycle/swim: 60 minutes in <b>Z-2</b> . End with yoga.	<b>STRENGTH</b> Balance exercises: Two sets of 10 to 12 reps. Power routine. Finish with core regimen.	<b>ENDURANCE</b> Run/stair machine: 25 minutes in <b>Z-1</b> . OR Cycle/swim: 40 minutes in <b>Z-1</b> . (No sprints this week.) End with yoga.	<b>STRENGTH</b> Balance exercises: Two sets of 10 to 12 reps. Power routine. Finish with core regimen.	<b>ENDURANCE</b> Plyometric and agility series. Interval training: 35-minute run or cycle. After ten minutes in <b>Z-2</b> , add two three-minute <b>Z-3</b> intervals with three minutes of <b>Z-2</b> recovery after each. Finish with yoga.



JUST DISCOVERING THE SHAPE OF YOUR LIFE PROGRAM? TO CATCH UP, LOG ON TO [WWW.OUTSIDEMAG.COM/BODYWORK](http://WWW.OUTSIDEMAG.COM/BODYWORK) FOR THE FULL TEXT OF THE LAST FOUR INSTALLMENTS, ON ENDURANCE, STRENGTH, FLEXIBILITY, AND SPEED AND POWER.